



## Soal is Everywhere



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### Chapter 1 by Abhishek

The soul--which I'm defining as our capacity for these deeply positive human qualities--is something that, in most of us, desperately needs to be developed. Too many of us live in a fractured state, deeply divided against ourselves--often far more so than we are aware of or able to feel. We exist in a self-generated vacuum of moral ambiguity, where everything is relative and our attention is focused mainly on our emotional state. Most of us know a lot more about what really matters than we are willing to live up to. Indeed, we are attracted to that which is beautiful, profound, and meaningful but find ourselves lacking the soul strength to really struggle, to engage in a life-and-death wrestling match with our own division, cynicism, and inertia. The awful truth is that it is just easier for us not to care that much. In order to care that much, we have to be willing to feel a connection with life that is so deep that it hurts. We have to be ready to step onto the field of our own experience in a way that is authentic, unconditional, and deeply committed--to embrace a kind of fearless vulnerability where our transparency is our strength and the living experience of connection is permanent, unbroken, and inescapable.

### Chapter 2 by roshani



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### Chapter 3 by roshani



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